

WOMAN SEXUALLY ASSAULTED: POLICE VICTIM WAS RUNNING IN SHUBIE PARK {page 3}



SWINGING SINGLE PIPPA'S BACK ON THE MARKET

{page 10}

HALIFAX

metro

Tuesday, June 14, 2011
www.metronews.ca



News worth sharing.

BREAKING NEWS:
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Dad allegedly shoots son dead

- Incident at Lakeside home took place after intruders broke in
- Too early to tell if residence was targeted by thieves: Police
- Nothing was stolen in attempted robbery



JENNIFER TAPLIN
@METRONEWS.CA

A 20-year-old man is dead after allegedly being shot by his father in a botched home invasion.

Police wouldn't confirm the relationship between the victim and the shooter, but did say the two men were known to each other and were residents of the Lakeside home.

Police have identified the victim as Jason Dockrill, 20.

Metro Halifax has learned 52-year-old Mike Dockrill, Jason's father, was taken into custody and later released, pending consultation with the Crown.

The shooting happened at 1398 St. Margaret's Bay Rd. at around 10:30 p.m.

Two masked men broke into the house and there was a fight between one of the intruders and Jason, say police.

Shots were fired and Jason died



► An RCMP forensic identification officer at the homicide scene.

just outside his front door.

The body, covered by a tarp, was still on the front lawn yesterday morning as investigators collected evidence.

A rifle, as well as a "significant amount" of cash and marijuana, was recovered from the house, police say.

RCMP Cpl. Scott MacRae said police are looking into whether the shooting was accidental.

"As in any investigation, we

have to see what the circumstances are surrounding this shooting," he said. "Right now the two suspects are of interest for the police in terms of a break-and-enter."

Under the law, people are allowed to use justifiable force to protect their property and their life.

"The magic question that comes into play is 'justified' or 'reasonable amount of force,'" MacRae said.

David Blackburn, a neighbour, said he believes Mike is a sheet-metal worker and lived at his home with his three sons. He said Jason was the youngest.

One man who lives in the area but who didn't want to be named said the house also was broken into more than a year ago.

MacRae said he doesn't have any report of a break-and-enter a year ago, but there was a minor one reported at that residence five years ago.



JONATHAN HAYWARD/THE CANADIAN PRESS

Bruins force deciding game

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U.S. needs energy: Ex-envoy

The United States needs to buy as much energy as possible from Canada so it can reduce its dependency on other countries that "don't like us," former American ambassador David Wilkins said yesterday.

Wilkins spoke in Fredericton at a conference aimed at growing business and trade links between Canada's eastern provinces

and the southeastern U.S.

The Atlantic provinces and Quebec are all looking to the United States as an export market for a growing supply of energy including natural gas and hydroelectric power.

Nova Scotia and Newfoundland and Labrador are vigorously pursuing development of the 824-megawatt Muskrat Falls

hydroelectric project. The provinces have asked Ottawa for a \$375-million loan guarantee.

Premier Darrell Dexter said Nova Scotia exports about \$500 million in goods each year to the southern U.S., and the conference is an opportunity to forge new deals and tend to existing relationships.

THE CANADIAN PRESS

Council puts off debate over chicken and eggs

The question of urban chickens and their eggs has been set aside for another day.

At a meeting at city hall last night, the Peninsula Community Council deferred discussion on a staff report into the issue of keeping egg-laying hens on the Halifax peninsula.

The report concluded

community council did not have the necessary legislative power to adequately address the issue.

Coun. Jennifer Watts explained community council wanted staff to provide more information, including draft bylaw amendments should they want to pursue the matter further.

● **ALEX BOUTILIER**

Teen assaulted in park: Cops

► Woman taken to hospital and released

JENNIFER TAPLIN
@METRONEWS.CA

Police are on the hunt for a man who allegedly sexually assaulted a teenager while she was out jogging.

The 19-year-old woman was running in Shubie Park in Dartmouth at 9 p.m. on Sunday when she passed a man walking in the opposite direction. She was in an area with a bridge and a field nearby.

"When she passed him, he ran up behind her, grabbed her, dragged her into the woods and sexually assaulted her," said Const. Brian Palmeter with Halifax Regional Police.

Anyone who was out in Shubie Park and noticed the suspect is asked to contact police.

"We don't believe at this point anybody witnessed the assault but we're hoping, given the



► A man walks his dog through Shubie Park yesterday.
Police are investigating a sexual assault that took place in the park on Sunday night.

fact this individual was walking on the path, that people might have seen him in the park," Palmeter said.

Fortunately, this kind of crime is rare, he said.

"Our focus is on catching the person responsible

and charging them, but also to make the public aware so they can take whatever precautions they feel necessary to protect themselves," he said.

"It's a horrific incident and one that is very disturbing to hear."

The suspect

► Police describe the suspect as a white man between 19-25 years old.

► He is about five-foot-six

with a thin build, short dark hair and a chin-strap beard.

► He was wearing a white T-shirt, black shoes and jeans.



A doctor's personal struggle shows how aggressively arthritis can strike young patients. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small on what investors should do as negative headlines drag down stock markets. More at metronews.ca/investing

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Council may ease parking ban

Halifax regional council is set to rule today on a trial period of relaxed winter-parking regulations.

Under the proposal, motorists would only be ticketed if they park on the street during winter snow or ice events. Currently, motorists can be ticketed on any night during the ban, even if there's no

Parking ticket

► A parking ban ticket last winter was \$50. It jumped to \$82.96 if not paid within 60 days.

snow on the ground.

The trial was first suggested by HRM director of transportation Ken Reashor, at the municipality's transportation committee meeting on May 26.

Reashor said council would also have to accept the potential of diminished service standards as a result of the more lenient regulations.

The committee's report also recommends authorizing the expenditure of

\$80,000 from the municipality's winter works budget.

That's how much Reashor estimated increased enforcement during snow and ice events would cost, although he admitted the number was contingent on many variables.

● ALEX BOUTILIER

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MacIntosh released on bail

► Defence lawyer expects Halifax resident will remain under house arrest until appeal of second set of convictions begins in November

ANDREW VAUGHAN/THE CANADIAN PRESS

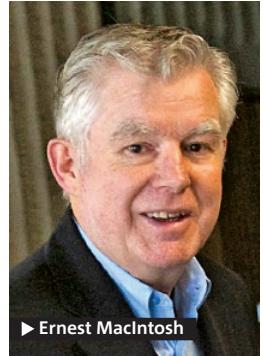
A former Cape Breton businessman convicted of sex crimes against boys has been released on bail as he awaits the result of an appeal.

Brian Casey, the lawyer for Ernest Fenwick MacIntosh, said his client was released yesterday by the Nova Scotia Court of Appeal.

Casey said the 68-year-old Halifax man will remain under house arrest and abide by a strict set of conditions, including turning in his passport and having no contact with anyone under the age of 14.

MacIntosh was found guilty last July on 13 of 26 charges of indecent assault and gross indecency — almost 15 years after the allegations surfaced.

In the appeal last week,

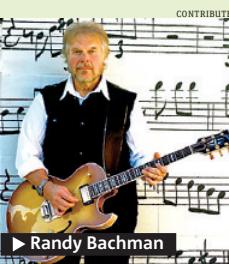


► Ernest MacIntosh

defence lawyers argued that the victims' testimony lacked credibility and there were problems with their timelines.

MacIntosh was found guilty earlier this year on another two counts each of gross indecency and indecent assault and was sentenced to 18 months in jail. ● METRO

News in brief



► Randy Bachman

CONTRIBUTED

Tickets go on sale Saturday at 9 a.m. and cost \$99, \$74 and \$59, including taxes and service charges. Tickets can be purchased through Ticket Atlantic. ● METRO

Officers find truck on fire

ANDALISM. A Beaver Bank business was hit again by vandals.

Barrett's Lumber, which has already suffered from thousands of dollars worth of damage from previous incidents, was the scene of a suspicious vehicle fire. RCMP officers were alerted to the blaze at around 2 a.m. on Sunday morning. They found a pickup truck engulfed in flames.

Another vehicle was also broken into by the suspects. ● METRO

Legends set Halifax date

CONCERT. Rock legends Randy Bachman and Fred Turner are coming to Halifax to perform together later this year.

The show is set for Tuesday, Sept. 13, at 8 p.m. and is one of three Atlantic Canada stops on a coast-to-coast tour.

Outhit says he won't be sworn to secrecy



ALEX
BOUTILLIER
@METRONEWS.CA

Bedford Coun. Tim Outhit is urging councillors to boycott a closed-door meeting on the concert cash-advance report today.

Halifax regional council is scheduled to meet in camera at 1 p.m. to discuss several items, including Coun. Linda Mosher's motion to discuss auditor general Larry Munroe's report in a public session.

Because city staff has determined the report is a

"personnel matter," any discussion surrounding the motion will not be a matter of public record, and councillors are forbidden from discussing the proceedings.

"If we go in to discuss this in camera ... there's no guarantee that the two-thirds (majority vote) required to take it out of in camera will be achieved," Outhit said yesterday.

"Whatever is said during that debate about what kind of questions people might have or answers or opinions won't be public. So I'm just not going to be

part of it."

Outhit said he didn't know if other councillors would go along with his plan. But he said he won't be participating because he doesn't want to be hampered when speaking about Munroe's report in public.

"I won't be sworn to any secrecy to what I've heard," Outhit said. "I don't want to hear things in that debate that I can't make public."

The municipality's audit and finance committee will have a chance to discuss the recommendations in a public session tomorrow.



► Tim Outhit

POLICE INVESTIGATION

Man stabbed in the back in Dartmouth

Police are looking for suspects after a man was stabbed in the back last week in Dartmouth.

The incident happened on Friday night at 11:30 p.m. on Dorothea Drive, said a police report released yesterday.

The 20-year-old victim and some friends encoun-

tered a group of people near Settle Lake in Dartmouth. But the stabbing happened when the two groups met later on Dorothea Drive. The victim's group asked the others about an item that had gone missing and an argument ensued.

The victim was stabbed in the back when he turned away. Police said it was a small stab wound.

The suspect group is described as three men and a woman in their late teens.

● METRO



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CANUCKS FANS ON EDGE

 **JEFF HODSON**
@METRONEWS.CA

A fog of nervous energy seemed to sit over Vancouver yesterday several hours ahead of puck drop.

People were hopeful to see their team win their first Stanley Cup, but anxious, especially given the 8-1 and 4-0 trouncings the team suffered when they were run out of Boston in Games 3 and 4.

Downpours throughout the morning did little to dampen spirits and as game time approached,

HOME ICE ADVANTAGE



people in Canucks sweaters began sprouting up on sidewalks, and at noon lineups had begun forming outside pubs.

Vancouver Mayor Gregor Robertson said the city was anticipating crowds similar in size to the 100,000 who celebrated downtown after Game 5.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Look inside today's **metro** for the icons below and enter for your chance to WIN.



Gas Stations



Grocery Stores



Drug Stores



Recurring Bill Payments

metronews.ca/momentum

Sex-trade laws on trial

- Appeal-court case could see prostitution effectively decriminalized
- Representatives for 19 groups will argue for and against the law

A five-judge Appeal Court panel held the federal government's feet to the fire yesterday, grilling its lawyer about an assertion that prostitution laws aren't putting sex workers in danger.

Last year, an Ontario judge struck down the laws against keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade.

Superior Court Judge Susan Himel found the laws were contributing to the danger faced by prostitutes, forcing them to choose between their liberty and their safety.

Sex-trade workers argue the laws prevent them from working indoors where it's safer, taking time to talk to a potential client to assess the risk they pose



and hiring bodyguards.

The federal and Ontario governments are appealing the ruling, arguing there is no obligation to maximize the safety of prostitutes, because it is not a constitutionally protected right to engage in the sex trade.

Ottawa's lawyer, Michael Morris, argued that prostitution itself is dangerous and the harms are posed not by the laws, but by violent pimps and johns. Morris had a tough go in front of the judges, as they closely scrutinized and at times

appeared incredulous at the government's claims.

"I find it hard to understand why it's not self-evident that these provisions harm the ability to carry out prostitution safely," said Justice David Doherty.

THE CANADIAN PRESS

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A loss of Facebook?

- Report suggests website losing ground in Canada
- Developing countries picking up the slack

The head of Facebook Canada says there's still plenty of room for the social networking giant to grow north of the border, but some new numbers suggest that may not be the case.

A report from trend-tracker Inside Facebook says the number of Canadians using the site has dropped by about 1.52 million to 16.6 million.

Canada's numbers reflect a global trend suggesting that Facebook use in a country seems to plateau when 50 per cent of the population is signed up.

Some 49.27 per cent of Canadians use Facebook, according to another trend tracker, Socialbakers.

But Jordan Banks, managing director at Facebook Canada, says he doesn't believe Facebook use in Canada is slowing.

"I don't think we're plateauing at all," he said in an interview this year. "When you take a look at ... how many times they come in a given month to how much time they spend, pages viewed — it continues to grow at a very rapid rate."

THE CANADIAN PRESS

Market moment

TSX	Dollar
- 144.28 (12,939.72)	+ 0.16 (102.28¢ US)
Oil	Natural gas
	1,000 cu ft \$4.76 US (+ 0.4¢ US)
	Gold \$1,515.60 US (- \$13.60 US)

Maple bids for TSX

Maple Group, the Canadian consortium looking to buy TMX Group Inc., has launched its \$3.7-billion hostile bid, pitching it as a stronger platform for growth compared to a friendly merger with the London Stock Exchange Group.

Calling the Toronto exchange a global leader, Luc Bertrand, Maple Group spokesman and vice-chairman of National Bank Financial, said, "Our vision at Maple is to build on (its) strengths rather than shore up the LSE's weaknesses."

For the Maple deal to go forward, TMX shareholders must vote down the proposed merger with the London exchange at a meeting on June 30.

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Pensions, wages block Air Canada deal

A "huge gap" remained in two key issues in last-minute negotiations between Air Canada and its union representing 3,800 customer-service and sales staff, the head of the Canadian Auto Workers said yesterday in the runup to a strike deadline of 12:01 this morning.

The two sides reached agreement on some issues but the major stumbling blocks of wages and pensions were outstanding as talks continued at a Toron-

to hotel.

"We did a lot of work but it just seems to me that we should be moving a little bit quicker than we are right now," CAW President Ken Lewenza said yesterday.

He said the union's proposal, submitted Sunday, aims to provide members with pension security and wage increases after a decade of uncertainty, but acknowledged there was "a huge gap" between the sides on the two key issues.

"At the end of the day our members have had 10 years of significant sacrifices. Now it's time to make some progress, and wages are a big key to getting an agreement."

Air Canada declined to discuss the negotiations, but said it was working toward reaching a settlement that "respects our employees and ensures Air Canada's long-term sustainability without a labour disruption."

THE CANADIAN PRESS

VINCENZO CONSENZA/FOR METRO
► The new edition of the World Map of Social Networks, created twice a year by Italian digital-management expert Vincenzo Consenza, shows that Facebook is the most popular social network in 119 countries among 134 nations analyzed. The map, released yesterday, is based on traffic data from Alexa & Google Trends for Websites.

June 2011



Strike is 'digging to the bone': Canada Post

Urban Canadians aren't getting letters today, but the union representing striking postal workers wants you to know that wasn't its decision.

Canada Post is limiting letter delivery in cities to Monday, Wednesday and Friday because the postal service has lost \$65 million since the strike began, officials said yesterday.

"They are digging to the bone. They are pushing major customers to go to the competition," Canada Post spokesman Jon Hamilton said.

But the Canadian Union of Postal Workers countered that the limited delivery will disrupt mail service to more people in one day than the union's rotating strikes have in total so far.

Calling the move a "partial lockout," CUPW president Denis Lemelin accused Canada Post of trying to force Ottawa to legislate the postal workers back to work.

But as of yesterday, the government appeared to have ruled out back-to-work legislation for now.

Expressing concern about the impact of the dispute on the economy, the parliamentary secre-



"Canada Post is trying to do everything it can to provoke the union into a national walkout in the hope that the government will intervene."

DENIS LEMELIN, CUPW PRESIDENT

tary to federal Labour Minister Lisa Raitt said the government is still hoping for a negotiated settlement.

JESSICA SMITH/WITH FILES FROM THE CANADIAN PRESS

Who's next?

- Postal union leaders have targeted Canada's two largest urban centres as their next strike targets.
- About 15,000 workers will stage a 24-hour walkout at midnight in Toronto and Montreal.

THE TRUTH ABOUT LIFE IN A CUBICLE

SHE SAYS ...

JESSICA NAPIER
METRO



now, I have come to realize that the film is actually an extremely factual documentary.

While watching workplace-centric sitcoms and movies prepared me for the murderous feelings I would develop toward the photocopier, there are some realities of office life that you just can't anticipate until you start working in the trenches — or, in this case, the cubicle. Here are 10 things I've learned so far:

1. While the average workday lasts eight hours, you will only need to put in approximately three hours of real work. The rest of your day will be spent making to-do lists and looking at celebrity blogs.

2. You will be expected to eat a lot of cake. In order to avoid offending your co-workers, you will have to fake it with a slice of bad store-bought vanilla cake about once a month.

3. If your name is Jessica, someone will call you "Jenner" at least once a week.

4. The coffee brewed by the communal machine in your office kitchen is the worst cup of coffee you will ever taste. However, after refusing to drink it for a month or two you will eventually give in because ... well, it's free.

5. When you buy yourself flowers, everyone will assume you have a secret admirer. If you like to be entertained by gullible

co-workers, you will run with it and invent a fictional lover named Carlos who just loves to spoil you.

6. At some point, your boss will want you to befriend him or her on Facebook. You will spend two hours untagging photos of yourself posing as a drunken (insert wildly inappropriate theme-party costume here) before you begrudgingly confirm the friend request.

7. The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another.

8. Even if your co-workers earn more money than you, they will still steal your food.

9. The IT manager is your best friend. Especially if you have a habit of spilling water on your keyboard or downloading viruses.

10. When you write lengthy emails with flowery language that would have made your grad school professor weep with pride, no one will care. After one month, all of your emails will contain only two words: "See attached."

Read more of Jessica Napier's columns at metronews.ca/shesays



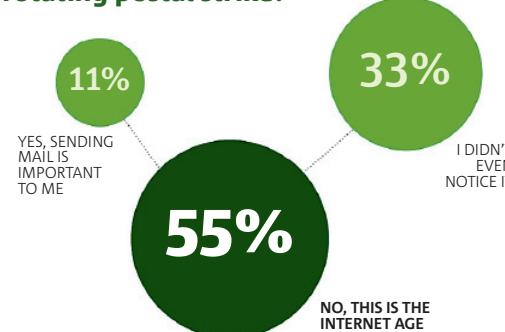
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Register at metrolifepanel.ca and take the quick poll

Have you been inconvenienced by the rotating postal strike?



Local tweets



► [@jsmizz12](#):

sometimes I wish the #Halifax city councillors would make like the Bridgetown NS council and all quit. Time for some leadership! #hfxpoli

► [@dillongarland](#): Just heard the song for the new Dal music video. I think we've managed to top the Student Poverty Song with this one!

► [@jdickie](#): No @foofighters in halifax yet. More tour dates coming next week. Get on this, Harold Mackay!

► [@dauffrey](#): INSTALLING

SUMMER...

10%. Installation failed. Please try again. 404 error: Season not found #Halifax.

► [@Roqaya](#): It seems that Halifax has forgotten that it's JUNE, so damp cold windy gloomy and depressing :(Where is the Sun?!

► [@emmaeareardon](#): Today I don't feel like doing anything. Just another #rainyday in Halifax.

► [@adematos](#): On my flight to Halifax for work ... Forecast is rain, rain, rain ... Oh well, I will be in meetings all week anyway.

Worth mentioning

LONDON. A 40-year-old American man living in Scotland said yesterday he is sorry for posing as a Syrian lesbian blogger who offered vivid accounts of life amid revolt and repression in Damascus, a hoax that has exposed the difficulty of sifting truth from fiction online.

Tom MacMaster said he created the fictional persona of Amina Arraf and the Gay Girl in Damascus blog to draw attention to conditions in a Middle East convulsed by change.

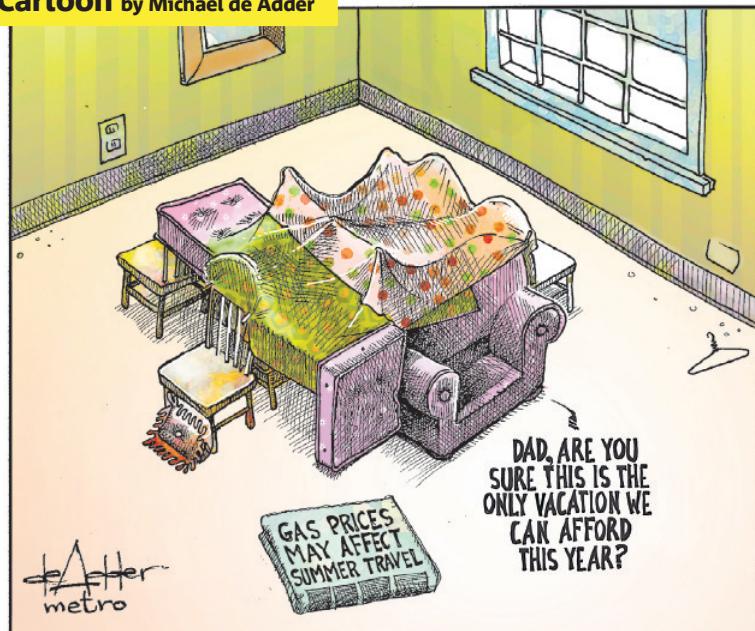
"I never meant to hurt anyone," the Edinburgh University grad student wrote in an apology on the blog. The university said it had suspended MacMaster's computer privileges while it investigated whether he had breached its rules.

Gay-rights activists and bloggers say MacMaster has endangered real people who are trying to tell their stories in authoritarian societies.

"He completely stole the limelight of real LGBT bloggers and activists in the Middle East and diverted it in a negative way," said Dan Littauer of the website Gay Middle East.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Miami suffers premature celebration

The Dallas Mavericks' win over the Heat is a huge upset for basketball fans in Miami. Making matters worse, an ad in a local paper mistakenly congratulated the Heat on winning.

A full-page ad that ran in yesterday's Miami Herald reads "Congratulations Miami" next to photos of Heat championship T-shirts and hats from Macy's. One

T-shirt reads "Heat 2011 NBA Finals Champions" and the ad shows the Heat's logo on a hat with the words "NBA Champions."

The ad ran under a story about the Heat's loss.

The newspaper issued a correction and apologized for any inconvenience.

A Macy's spokeswoman called it an unfortunate error and apologized to Heat fans.

The Mavericks beat the Heat 105-95 Sunday in Game 6 of the NBA finals in Miami.

THE ASSOCIATED PRESS

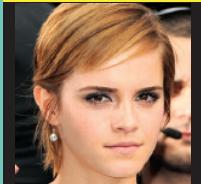




CONTRIBUTED

2

scene

Scene in brief

Emma Watson is preparing for the next chapter of her life. The Harry Potter actress acknowledges that she needs to find her way out of the bubble, which she describes in part as the safe world of life on the set of the successful film franchise.

Watson says in the July issue of *Vogue* magazine that she wants to explore more of her creative side, and cites Patti Smith as a role model.

"I want to live like Patti," she said of the singer-songwriter, visual artist and poet.

Watson plays Hermione Granger for last time when the franchise's last film, *Harry Potter and the Deathly Hallows: Part 2*, is released in July.

THE ASSOCIATED PRESS

Face time with Jim Carrey

► On a frigid set with real penguins, the Canadian comic returns to his famous facial mugging ► It's still all just play for Carrey

 **NED EHRBAR**
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

After years of making a fortune off of his elastic face, Jim Carrey is still finding new ways to manipulate it — though not all of them are intentional.

"My face kind of operates on its own nowadays. It just kind of does what it wants to do. Sometimes it's appropriate and sometimes it's not," he says. "Sometimes in the editing

room, we'll go, 'That's not human. We want to take that out.'"

After a few live-action roles that required less facial manipulation, Carrey returns to the type of mugging that made him famous in his latest, *Mr. Popper's Penguins*, which pits his neat-freak corporate real estate broker against six new waddling house guests — played by a mix of animatronics, CGI stand-ins and real, live penguins. It was a

working environment more than a little challenging.

"The set was so cold that I was fighting pneumonia the entire time," he says. "Then there was going outside when it was 75 or 80 degrees in five layers of clothing and a parka."

Acting challenges aside, Carrey cops to an affinity for his flightless co-stars. "I think that's why we love penguins, because they don't belong anywhere," he says. "They're

wobbly and vulnerable, and they're not really fish and they're not really birds, and that's how I feel. Probably a lot of people do."

A return to more physical comedy also meant a return to childhood for the 49-year-old actor. "I find I'm still doing things and little tricks and fun things that I created when I was 10 years old," he says. "The play you do when you're a kid is so super-important."

Intense

Jim Carrey has become an intense user, with more than 3 million followers on Twitter. Here are some recent postings.

► **@JimCarrey** Yesterday i tried to take a pic of the paparazzi that i have inherited here in NY but i left the lens cap on. Guess that's why they're them and i'm me.

► **@JimCarrey** Queen Victoria's bday. Another great excuse to get drunk and blow sh#t up!

DVD Releases

Buy it ●●●● | **Rent it** ●●●● | **Borrow it** ●●● | **Yawn** ●● | **Don't bother** ●

John Wayne vs. aliens

Battle Los Angeles

Genre: Sci-fi
Director: John Liebesman
Star: Aaron Eckhart

Marines vs. invading space aliens, in which Staff Sgt. Michael Nantz (Aaron Eckhart) and his fellow O-soldier John Wayne's squinty ghost too bluntly and too often. • PETER HOWELL

**Hall Pass**

Genre: Comedy
Directors: Peter and Bobby Farrelly
Stars: Owen Wilson, Jason Sudeikis

For the first 20 minutes, which is about how long it takes to set up the gimmicky plot about husbands on marital parole, *Hall Pass* looks like it might be worth more

than just a pass.

Owen Wilson and Jason Sudeikis click as bored buddies Rick and Fred, who are living happy family lives in Providence, R.I.

It's when Rick and Fred are granted the "hall pass" of the title — one week to do whatever they want — that the movie descends to gross-out depths, with



predictable and dull results.

• PETER HOWELL



Hollywood's new top lobbyist avoids tough issues in speech, praises Chinese industry

Pippa now single

Pippa Middleton, who turned heads at her sister Kate's wedding to Prince William, is reportedly single after calling it quits with boyfriend Alex Loudon after six months of dating, according to the Sun.

"It is common knowledge in their close circle of friends that Pippa and Alex have re-

cently split up," a source says, while another source adds that Middleton's newfound fame became difficult to cope with for the couple.

"Pippa has become very high-profile and it's put a strain on things," the source says. "They're moving in different circles."

• METRO



Pippa Middleton

Celebrity tweets



Listening to Bryan Adams' HEAVEN on repeat. Sooooo good. Give this girl a power ballad, and she is a happy camper.



@ElizabethBanks

Well Twitter, there's a hilarious impostor tweeting as me called @Seth_Green. Wanna help shut them down?

@rustyrockets

Truly tolerant people wouldn't mention my misplaced hashtag apostrophe. That's how Nazi Germany started.

@SarahKSilverman



Horse racing: where tiny men are STARS!



He is my only boyfriend," she tells People

Biel is 'completely over' Timberlake

► Sources say Jessica Biel is getting close with co-star Colin Farrell

Jessica Biel's dating life has been the subject of much speculation since she split from Justin Timberlake, and now she's rumoured to be getting close to her Total Recall co-star, Colin Farrell, according to Hollyscoop.

"Jessica loves Colin's accent and personality," a source says.

"She's completely over Justin, she's having fun being single and thinks Colin is a blast."

They've been hanging out between takes and Colin's suggested they go out after work."

• METRO



► Jessica Biel is starring alongside Colin Farrell in Total Recall.

GETTY IMAGES

Olivia Wilde has a dog of a boyfriend

Since her divorce earlier this year, Olivia Wilde has been linked to several eligible bachelors, including Bradley Cooper and Justin Timberlake, but the actress insists there's no one in her life besides her dog.

"He is my only boyfriend," she tells People



GETTY IMAGES



► LeAnn Rimes

GETTY IMAGES

LeAnn insists there's no sex tape

magazine.

"He's the only one that I need." As for all those dating rumours?

"It is funny, actually," she says. "I have to laugh. I'm not dating anyone."

• METRO

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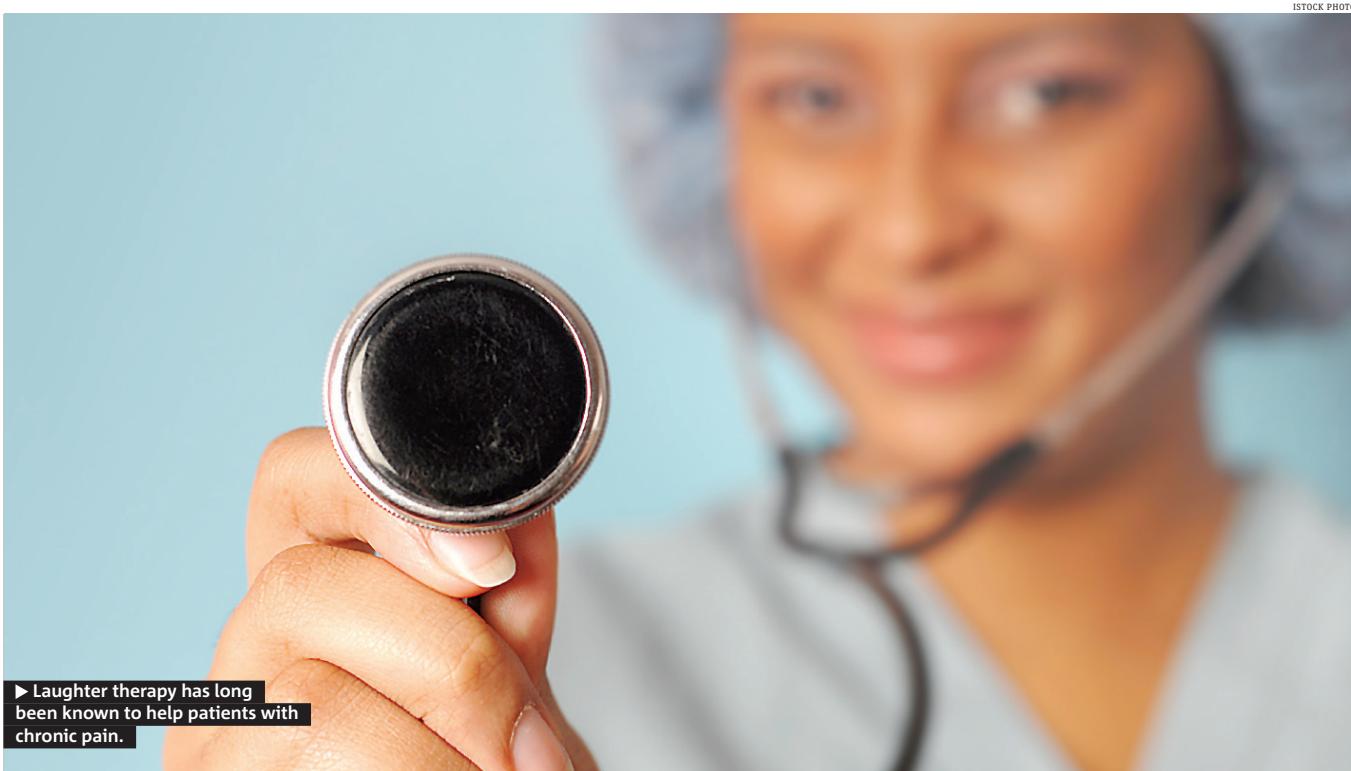
www.mynextpay.com

LeAnn Rimes wants to make something clear, so she's skipping the publicists and going straight to her fans.

"I hear there are rumours of a 'sex tape,'" Rimes posted to her Twitter account following reports of a steamy home video starring the country singer and ex-husband Dean Sheremet.

"I have never filmed myself having sex on tape, period. Haven't joined that club."

• METRO



► Laughter therapy has long been known to help patients with chronic pain.

The best medicine?

► Project Commando gets the blood pumping with a big dose of its laughter therapy program ► The non-profit group helps support those with chronic disease, in severe pain

 CELIA MILNE
LIFE@METRONEWS.CA

They're not sick jokes, but rather jokes for the sick.

A new, non-profit company called Patient Commando is making sure that stories about health struggles — both sad and funny — get told and listened to. Laughter therapy has long been known as a powerful tool to release tension and get the blood pumping more efficiently.

In Patient Commando's promotional video, a comedic actor spoofs

everyone's worst hospital nightmare.

Donning his hat, socks and shoes, he tries to make a dignified exit, but his hospital gown isn't done up and his bare bum jiggles hilariously for all to see. Comic relief — through laugh therapy and live theatre shows — is one of the ways that Patient Commando helps support people who have chronic disease, terminal disease or are suffering from bereavement.

The company also encourages people to tell their stories.

"I'm interested in the

I'm interested in the expression of the story."

TORONTO FOUNDER OF PATIENT COMMANDO ZAL PRESS

expression of the story," says Toronto founder of Patient Commando Zal Press. "Listen to the patient voice."

Press himself has struggled with the painful symptoms of Crohn's disease, an inflammation of the intestines, for 30 years.

"It feels like a cat trapped inside my gut trying to claw its way out," he tells Metro.

Good laughs

It seems obvious that laughing is good for us, but is there actual evidence? Spanish researchers assessed all the literature they could find about laughter therapy. A good chuckle has health benefits that are:

- Physical
- Psychological
- Social

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Study: Weight-loss surgery fails to extend life in very obese older men during first 7 years

Measles back again

► Get measles shots up to date, health officials urge, as Quebec cases rise

Almost a decade ago, measles was declared eradicated in the Americas, thanks to widespread vaccination efforts. But outbreaks in Quebec and several U.S. states show that Western Hemisphere countries are still not immune to the virus, which can be imported by travellers and quickly infect pools of the unprotected.

And the number of those vulnerable to measles may, in fact, be growing, as some parents choose not to vaccinate their children for a variety of reasons, among them fear of possible side-effects or a belief that measles and other infectious diseases are merely a benign rite of passage in childhood.

Quebec's outbreak, which began early this

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year and this week jumped to 330 confirmed and suspected cases, has been traced to a traveller from France, where uptake of the measles, mumps and

rubella vaccine hovers around 60 per cent of the population — far below the 90-plus per cent rate in Canada. Information provided by Quebec health au-



thorities shows most of those infected were unvaccinated or inadequately vaccinated, making them easy targets for the highly infectious virus, said Dr. John Spika of Canada's Public Health Agency.

While vaccination schedules vary across the country, many jurisdictions call for a first dose at 12 months old and a second before admission to elementary school.

THE CANADIAN PRESS

Up and down

A good nag
Don't feel guilty about venting to your friends about your colleagues. American researchers claim that the human brain has evolved to thrive on gossip, vital in helping us draw a line between who are our friends and our enemies. The study focused on the phenomenon of binocular rivalry (a different image is put in front of each eye and the brain sees one and then the other). People spent longer dwelling on the faces of those embroiled in scandal. This is our own way of keeping out of trouble.

Short men
Women are attracted to taller men, as they assume them to be more powerful and therefore more able to protect them and their children. According to one theory of evolution, women perceive taller men as being better fighters (able to give their opponent a good knock of the jaw), powerful and of overall stronger health. It could be time for Katie Holmes to rethink her choice of man.





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vw.ca

Hip, hopeful and happy

► Picture Carrie Bradshaw with her Stella McCartney Yoga mat and Chai Tea Lattes rather than cosmopolitans
 ► Life coach Gabrielle Bernstein, author of *Add More-ing To Your Life*, tells us how to be happy no matter what



Set your alarm to happy time

Remember to reconnect with the desire to be happy and tune into a positive perspective as soon as you wake up. Set an alarm on your phone saying, 'Today happiness is my primary function' and have it on snooze at morning, mid-day and in the evening.

Practice the 'F' word

Forgiveness is the key to personal development and the tool that will guide you to go past resentment and not stay hung up on negative thoughts. It may sound tough, but the first step is to identify the people you resent and you need to forgive and let go of the negative situation. This resentment is lowering your energy so moving on will give you the impetus to move forward.

Meditate

Meditation isn't about big Buddhas, spirituality and fluffy pillows — it doesn't have to be done one 'way'. It can be as simple as sitting and listening to a song that makes you feel good as you focus on your deep breath.

Walking can also be a powerful tool for meditation: breathe in on one step and out on the other. The idea is to tune into that peace so that we can reconnect

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with the loving presence in us and make decisions based on loving choices.

Be grateful

Make a list of the things in life you are grateful for, focusing on the good stuff like your family, paycheck and sunny weather.

Focusing on what we have, not what we don't have, unleashes the presence of our inner guidance, our 'ing'.

Focus on appreciation and gratitude and you will attract an abundance of high-level experiences such as a wave of energy and creative ideas.

Jump!

Jumping on a trampoline is invigorating, brings you balance and makes you feel like a child again. Moving is a big part of happiness and ultimately finding a physical activity that ignites inner spark, whether that's dancing or running, is vital.

Limit your daily intake of negative news

Between the Japanese Earthquake and Osama bin Laden's death and consequent terrorist threats, it seems like we've already hit our bad news threshold

for 2011. Pick and choose the news you read. Instead of going to world news or main headlines, read the Life and Style or Sports section. Read your news at lunchtime, as you are less vulnerable to the impact of bad news on your mood at that time of the day.

WWGD?

If you're being wrongfully attacked by someone and are feeling defencelessness, ask yourself this, 'What would Gandhi do?' Expressing anger toward them will not make you feel any better so when in that moment try and re-



► She's like Gandhi, except hot.

mind yourself that fighting back isn't going to help. Focus on looking for and finding peace in a non-peaceful situation.

30 days of no gossip

When we gossip about oth-

er people we lower our energy field. Hang out with positive people that make you feel good and share you energetic space.

If your energy levels are low, you will attract low-leveled people.

- Stretches the front torso, neck, abdominal organs and spine.
- Provides a gentle yet firm massage to the spine, kidneys and abdominal organs
- Aids digestion and elimination.
- Opens up the hips, eases neck and shoulder stress and tension.
- Improves posture

- 3 Exhale, coming back to neutral tabletop position on your hands and knees. Repeat 10 to 20 times.
- 2 As you inhale, lift your sitting bones and chest towards the ceiling, allowing your belly to sink towards the floor. Lift

Benefits

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR

Yoga pose.
Cow Pose/Bitilasana



What you do

- 1 Stand on your hands and knees in a tabletop position making sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor.
- 2 As you inhale, lift your sitting bones and chest towards the ceiling, allowing your belly to sink towards the floor. Lift



These Sloppy Joes start with the intensely flavoured base of tomatoes, beef and pig products. Then they get spooned onto toasted deli rolls and topped with provolone cheese and tossed under the broiler for a minute or so. The result is a beefy sandwich that will leave everyone at the table satisfied.

Preparation:

- In saucepan over medium-high, combine olive oil, garlic, onion, paprika, basil and oregano. Sauté until onion is tender and seasonings fragrant, about 5 minutes.

Is it possible for the Sloppy Joe to be even sloppier? Yup

- Add ground beef and prosciutto. Sauté until beef is cooked through and prosciutto begins to brown, about 8 minutes.
- Add tomato sauce, ketchup and vinegar and bring to a simmer. Stir in Parmesan, season with salt and pepper.
- Set oven to broil. Arrange bottom halves of rolls on a baking sheet, then spoon some of the sloppy Joe

mixture onto each. Top each with a slice of provolone, then broil just until cheese starts to melt. Top with the other halves of the rolls.

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For Chinese with loads of flavour and zing, try Jean's

► This restaurant offers favourites such as Spring Rolls and Szechuan Chicken

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



I'm looking for a quick take-out lunch for two, so I try Jean's Chinese Restaurant. Telephone service is po-

lite and efficient and the order is ready in 15 minutes. We start with requisite vegetarian Spring Rolls (\$1.99 each). They are large, crispy and fresh-tasting, although quite greasy.

Wanting a spicy kick, we try two choices from the Szechuan menu including Singapore Noodles (\$11.99), a large serving of rice vermicelli noodles with tiny shrimp, slivers of barbecue pork, red and green peppers, bean sprouts and onion in a spicy curry and chili sauce. With hot chili peppers tossed throughout, it has loads of zing and flavour.

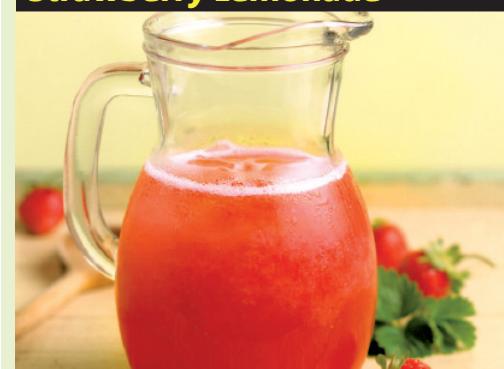
The Szechuan Chicken (\$11.99) features large, nicely cooked chicken chunks with red and green



peppers and onions. It too is spicy and satisfying. A large order of steamed rice is included.

There are enough leftovers for yet another lunch. Jean's won't leave you hungry.

Strawberry Lemonade



Preparation:

- In a blender, blend together strawberries, lemonade concentrate and sugar until smooth.
- For each drink, pour equal amounts of strawberry mixture and soda water into tall glass; stir and add ice.

THE CANADIAN PRESS/
FOODLAND ONTARIO

Ingredients:

- 500 ml (2 cups) fresh local strawberries, hulled and quartered
- 125 ml (1/2 cup) frozen lemonade concentrate
- 50 ml (1/4 cup) granulated sugar
- 500 ml (2 cups) chilled soda water
- Ice cubes
- Whole strawberries, for garnish

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SMUG MARRIEDS



ANGELA PACIENZA & DEREK CHEZZI
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I can't stand my hubby's friends and he can't stand mine. What should we do? Ditch them?

Angela says ...

Every relationship is different and comes with its own set of dynamics.

I think it's perfectly healthy for each partner to have their own group of friends, whose company they enjoy separately.

Hopefully you also have some mutual friends.

If not, get out there and make some.

Derek says...

To Angela's point, hanging out separately with friends is totally healthy — so long as you don't start ragging on your partner after she or he has been out with them.

That will lead you down the path to problems.

Besides, if you're going to start knocking on someone, better to do it together.

It's more fun that way.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



What a difference a generation makes. Back when my kids were small, Father's Day was under or overdone pancakes, handmade cards, a walk in the park and an extra glass of wine at dinner.

Now, we're talking barbecues, iPads, golf clubs and other products that put a serious dent in your wallet. With personal, non-mortgage debt per capita hitting an all-time high of \$26,000, it's time for one word. Don't.

How much sense does it

Get creative

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make to take on debt for a gift that says I love you, to the father or man in your life? None at all.

On the other hand, traditional cheaper gifts aren't necessarily appreciated. According to a recent TD Credit Cards survey, 65 per cent of dads are unimpressed with yet another tie on Father's Day.

Joining the list of Dad's day clichés (read, please don't buy one for me) are coffee mugs and DIY tools. A tool can be cool but if Dad is struggling to keep up around the house he might not want a reminder that there's more to be done.

So what's a daughter, son or wife to do? My vote goes to a picnic complete with a fun activity such as catch, Frisbee, a putting contest, an old-fashioned game of horseshoes or a bike ride.

Roast a chicken or fish fillets the night before, add a potato or pasta and green



► Most dads could really do without another tie.

salad, throw in a fresh baguette with a soft, extra creamy cheese, grab some sinful cookies at a local bakery or make a batch of brownies — and you're done!

That's it! No shopping. No mall. No pressure. And we do feel pressure over Father's Day. The TD survey discovered that nearly 40 per cent of Canadian sons, daughters and wives are

"A fabulous Father's Day starts, not with your wallet, but in the kitchen and the great outdoors."

—ALISON'S MONEY RULE

stressed over finding an appropriate and affordable gift. So give yourself a break and the man in your life a memorable (and inexpensive) day.

POP QUIZ

What should you do with your tax return money?



A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column:
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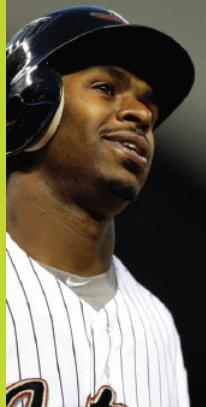
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"It would be different because you don't know (any) of those teams over there in the American League. It's a whole different brand of baseball and it would be a totally different atmosphere."

HOUSTON CENTRE-FIELDER

MICHAEL BOURN, ON A PLAN THAT COULD SEE THE ASTROS MOVED TO THE AMERICAN LEAGUE. UNDER THE POSSIBLE PLAN, THE LEAGUES WOULD NOT BE SPLIT INTO DIVISIONS. THE TOP THREE TEAMS WOULD MAKE THE PLAYOFFS. THE FOURTH- AND FIFTH-PLACE CLUBS WOULD BE WILD CARDS AND PLAY FOR ONE SPOT.



► Boston's Milan Lucic scores a goal against Vancouver goalie Roberto Luongo in the first period last night.

● Bruins chase Luongo from the net with three early goals, send series back to Vancouver

The Boston Bruins put Roberto Luongo and the Stanley Cup back on the shelf.

After another home scoring spree against Vancouver's wildly inconsistent goalie last night, the Bruins are making one last trip west for the big finish to this dramatic Stanley Cup final.

Brad Marchand, Milan Lucic and Andrew Ference scored in the first 8:35 to chase Luongo from his second straight game in Boston, and the Bruins emphatically evened the final with a 5-2 victory in Game 6, sending the series to a decisive Game 7 in Vancouver tomorrow night.



For the sixth time in the last 10 seasons, the final has been stretched to its limit. The home team hasn't lost in this series, with Vancouver winning three one-goal games and Boston posting three blowout victories.

Henrik Sedin scored his first point of the final with a late power-play goal for the Canucks, who flopped in their attempt to win their franchise's first championship. Maxim Lapierre also scored in the third period for the Canucks, who will get one last try at a Rogers Arena filled with worried Vancouverites hoping their maddening team can come through.

Tim Thomas made 36 saves for the Bruins, giving up two third-period goals while burnishing his credentials for the Conn Smythe Trophy as Boston moved one win away from its first championship since 1972. Thomas has

given up just eight goals in six games in a virtuoso performance in the final — but the spotlight in Game 6 was trained squarely on the other net.

After Luongo led Vancouver to the brink of a title with a stellar performance in a 1-0 victory Friday, the Canucks hoped to celebrate in Boston. The Bruins cancelled that party with yet another stunning barrage of goals against Luongo, who was ventilated for 15 goals in just over 4½ periods in Boston.

Boston even set a cup-final record with four goals in 4:14 while chasing Luongo and welcoming his backup, Cory

Schneider, with a goal from Michael Ryder. Mark Recchi had two assists during the flurry.

Boston has lost its last five trips to the final, never even reaching a seventh game — but the Bruins can hang another banner in the Garden rafters with one road win.

And the Bruins have ample experience in Game 7. They've already played two in these playoffs, beating Montreal in the first round and Tampa Bay in the Eastern Conference finals — but both of those games were at home, where Boston finished the post-season with 10 wins in its last 11 games. **THE ASSOCIATED PRESS**



NBA enters off-season of uncertainty

As Dirk Nowitzki and Dwyane Wade traded big shots in a thrilling NBA finals, with fans tuning in at levels the league hadn't seen since the days of the Kobe-Shaq Lakers, the questions came more frequently.

How can commissioner David Stern tell all those viewers to go watch something else?

How can they shut it down now?

"It's an odd position, when the game is the best it's ever been, when the ratings are the highest they've ever been, when the excitement is the greatest it's ever been," players association lawyer Jeffrey Kessler said last week. "It's sort of odd to see the owners say we're going to destroy this game unless you change this whole system. Players just want to play."

When the Dallas Mavericks finished off the Miami Heat Sunday, it sent the NBA into a most uncertain off-season.

Owners and players are nowhere close on a new collective bargaining agreement to replace the one that expires June 30. Without a new deal, players say they have been told by the owners they will be locked out.

The NBA was reduced to a 50-game season by a work stoppage in 1998-99, and the loss of games is a threat now. Citing league-wide losses of about \$300 million US this season, the league hasn't budged on its desire for significant changes to the financial structure, ranging from reductions in the length of contracts and the amount of guarantees, to an overhaul of the salary cap system that would prevent teams from being able to exceed it, as they can now under certain exceptions.

The championship clincher was the highest-rated Game 6 ever on ABC, in large part because of the Heat, whose star power created a must-see team.

The re-emergence of teams like the Chicago Bulls and, to a lesser extent, the New York Knicks over the last season has also piqued interest in some of the NBA's traditionally strong markets. THE ASSOCIATED PRESS

King James still without NBA crown

► LeBron's most scrutinized season ends with puzzlingly lacklustre finals

There were seven seconds left in the NBA season and the Dallas Mavericks were beginning their championship celebration when LeBron James started slowly walking toward Dwyane Wade, his right hand outstretched.

A quick embrace, and with that, the off-season began.

For the Miami Heat, it's time to regroup.

Changing locales did not bring change to the ultimate outcome for James, whose eighth NBA season and first in Miami ended the same as his seven in Cleveland — without a championship. He took a swipe at those who criticized him and the Heat, saying the quality of their lives will not improve because he failed to win a title.

"There's no distractions that can stop me from trying to chase an NBA championship," James said Sunday night, after Game 6.

The Heat had the home-court edge, were perceived as favourites and came into the finals flying high after needing only 11 games to get past Boston and Chicago.

Then ... thud.

A Game 1 win was followed by a Game 2 collapse, and the series was never the same as Dallas won four of the final five contests.

Dallas rejoices



The Mavericks returned home yesterday, cheered by hundreds of fans celebrating the team's NBA title at Love Field airport in Dallas.

► The championship, the first in the team's 31-year history, is a breakthrough. ► The franchise was once one of the worst in the NBA and, even after owner Mark Cuban's infusion of cash, had a reputation of failing to win big games.

"There's no hiding," said Chris Bosh, who doubled over crying in the bowels of American Airlines Arena after Game 6. "In the NBA you play a series, best of seven games, usually the better team is going to win.

"So we've got a lot of work to do. We have to go back to the drawing board. It hurts to come this far and come up short."

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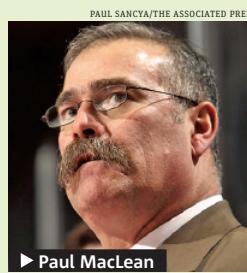
NHL

MacLean to coach Sens, sources say

Detroit Red Wings assistant Paul MacLean has been hired as the new coach of the Ottawa Senators.

Two people familiar with the decision confirmed the move yesterday, speaking with The Associated Press on condition of anonymity because it had not been formally announced by the Senators. The hire was first reported by ESPN.com.

The Senators fired head coach Cory Clouston and two assistants in April after the team failed to qualify for the playoffs for the



► Paul MacLean

second time in three seasons.

MacLean has spent the past five years as an assistant in Detroit, helping the team win the championship in 2008. He and Wings coach Mike Babcock also worked together for two years in Anaheim, taking the Ducks to the Stanley Cup final.

MacLean spent 11 seasons in the NHL, playing in 719 games for Winnipeg, Detroit and St.

Louis from 1980-91. He finished with 324 goals and 349 assists.

Prior to joining the Anaheim coaching staff in 2002, the Antigonish native was head coach of the Quad City Mallards of the United Hockey League. He also spent time coaching minor-league teams in Kansas City and Peoria, Ill., and has been assistant coach with the Phoenix Coyotes and a scout for the St. Louis Blues.

In Ottawa, MacLean will be working for general manager Bryan Murray, his old boss in Anaheim. Murray, who recently received a three-year contract extension, has fired three coaches since he left the job himself to become GM after the Senators reached the final in 2007.

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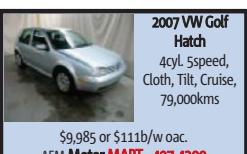
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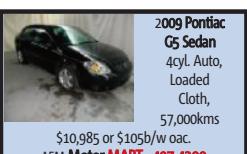
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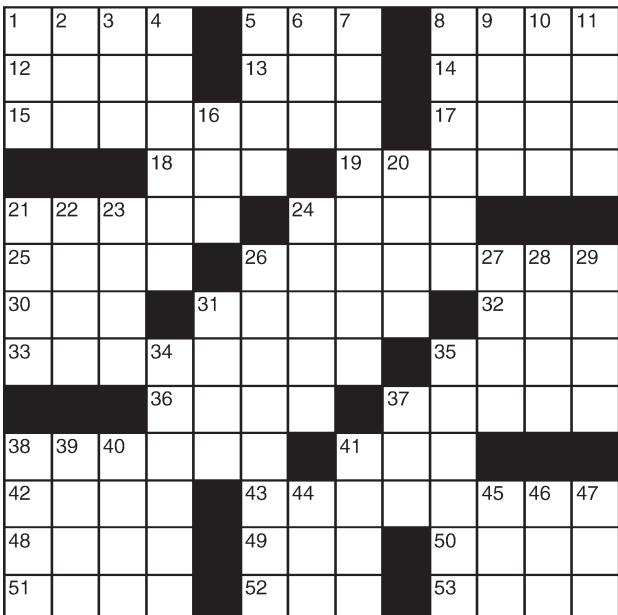
9 8 7 6 5 4 3 2 1
David Guetta ft Rihanna - Who's That Chick
Jennifer Lopez ft Pitbull - On The Floor
Katy Perry - Last Friday Night (T.G.I.F.)
Snoop Dogg ft T-Pain - Boom
Classified - That Ain't Classy
Bruno Mars - Lazy Song
Pitbull ft Ne-Yo & Nayer - Give Me Everything
Adele - Rolling In The Deep
Nicki Minaj - Super Bass



Crossword

Across

- Hinged fastener
- Snapshot
- Culprit, for short
- vera
- Cheery remark?
- Smell
- "Bravo!"
- "Scrabble" piece
- Solemn promise
- With precision
- Parsley serving
- Competes
- Slapstick missiles
- Hotel employees
- Eisenhower
- Gets dirty
- Actor Kilmer
- Poe's "The — Heart"
- Humdinger
- Helps
- Greedy kid's shout
- Old scrolls, often
- Household member
- Hedgehog
- Jailhouse roomie
- Carte
- Before
- "Exodus" author
- Nuisance
- Khan
- Transmitted



Down

- Hee —
- Hearty brew
- Scale member
- A real hip place?
- Ship's front
- Author Fleming
- Pile-face fabric
- Soap ingredient
- Tend texts
- Hot dog holder
- Quarry
- 41-Across, often
- Slithery fish
- Skewer
- Toll road, for short
- Stagger
- Wedding cover-ups
- Ancient British queen
- Egg
- Coconut tree
- Pivot
- Mix
- Arrangement
- Acidity detector
- Solidify
- and Circumstance
- Sheltered
- Bowling targets
- Entreaty
- Work unit
- Exist
- Ancient British queen
- Can makeup
- Superlative suffix

► Monday's answer

A	P	E	S	A	N	T	A	K	F	C
S	A	G	A	S	F	A	R	N	E	O
K	N	O	X	V	I	L	L	E	O	A
B	I	K	I	N	I	S	A	L	K	
R	O	N	T	N	T	S	T	O	M	A
A	T	O	M	E	V	A	A	F	O	R
E	A	T	U	R	A	B	F	R	I	
H	O	E	D	L	E	A	S	E	D	
B	R	O	N	C	O	L	D			
A	I	L	K	N	O	W	E	D	G	E
I	C	E	A	N	A	M	E	O	A	R
L	O	S	T	A	K	E	S	S	P	A

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metroneWS.ca

Aries March 21-April 20 You will be in the thick of the action today.

Taurus April 21-May 21 If you make changes today it's unlikely you will be able to change back again later.

Gemini May 22-June 21 The approaching eclipse suggests you will be tempted to take on someone who is, to be frank, out of your league.

Cancer June 22-July 22 Steer clear of anything that might depress you today — and steer clear

of people who seem to think failure is something to be accepted.

Leo July 23-Aug. 23 If someone challenges you today you must stand up for yourself.

Virgo Aug. 24-Sept. 22 If you find yourself up against forces that are difficult to cope with then it might be wise to back off.

Libra Sept. 23-Oct. 23 This should be a fun day for you, but you might not get much work finished.

Scorpio Oct. 24-Nov. 22 You have never been one to let others

take advantage of you but that does not mean they won't try.

Sagittarius Nov. 23-Dec. 21 If someone stands in your way today you must shove them aside.

Capricorn Dec. 22-Jan. 20 Don't change your routines or your methods simply to fit in.

Aquarius Jan. 21-Feb. 18 You may fall out with a partner or loved one over the next days.

Pisces Feb. 19-March 20 Compromise solutions may be hard to come by.

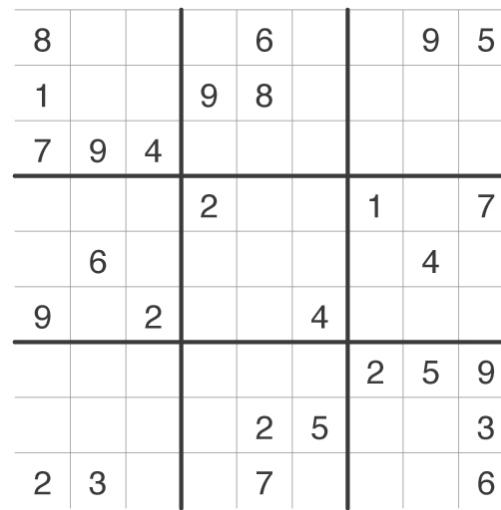
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Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

1	4	6	7	3	9	5	2	8
7	5	9	1	8	2	6	4	3
3	8	2	6	4	5	9	7	1
8	9	4	3	1	7	2	5	6
5	3	7	2	6	8	1	9	4
6	2	1	5	9	4	3	8	7
4	6	8	9	2	1	7	3	5
9	1	5	4	7	3	8	6	2
2	7	3	8	5	6	4	1	9

Today



13° / 9°
Rain
90%

Wednesday



14° / 10°
Rain
90%

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Baby to Trevor Happy 1 year anniversary love. I look forward to many more! I love you xoxo
FROM YOUR LITTLE TINY BABY GIRL

JL If I was a graham cracker and you were a marshmallow, would you stick by me?? Teehee; friends always <3
FROM JL

BBBimbo Don't hold your breath u big nosed dummy! He will never leave me he loves me & I love him we are ONE DEAL with the truth silly desperate woman!!!!!!!!!!!!!!
FROM MRS. M

